MEAL	AGE	AGE	AGE		T (0)	W 1 (0)	TI (4)	F : 1 (5)
MEAL	1-2	3-5	6-12	Monday (1)	Tuesday (2)	Wednesday (3)	Thursday (4)	Friday (5)
Breakfast								
(Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Peaches	Pineapple	Apple Sauce	Oranges
3. Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Bran Muffin	Biscuits	Pancakes	Cheese Toast	Cold Cereal
or Cereal Cold, dry	1/4 cup	1/3 cup	3/4 cup					
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items					Country Gravy	Syrup		
A.M. Snack								
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce	Fruit Cocktail		100% Fruit Juice	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Raisin Bread	Pretzels	Corn Bread	Cheese Crackers	Peanut Butter Cookies
or Cereal Cold, Dry	1/4 cup	1/3 cup	3/4 cup	rtalom Broad	1 1025.5	John Bread	Chicoco Chachord	1 danat Batter Goottoo
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items						Honey Butter		
Lunch						·		
(Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.	Beef & Cheese Stroganoff	Baked Beans & Hot Dogs	Chicken Nuggets (CN Labeled)	Bean & Cheese Burritos	Bologna & Cheese Sandwiches
or Cheese	1 oz.	1 1/2 oz.	2 oz.	beer & Oncese Orroganon	Baked Bearls & Flot Bogs	Official radgets (Official)	(CN Labeled)	Bologna & Officese Gariawiches
or Cottage Cheese	2 oz.	3 oz.	4 oz.				(011 200000)	
or Eggs (Large)	1/2	3/4	1					
or Cooked Beans	1/4 cup	3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3 Tbl.	4 Tbl.					
or Nuts (½ Serving)	1/2 oz.	3/4 oz.	1 oz.					
or Yogurt (Commercial Only)	1/2 cup	3/4 cup	1 cup					
3. Fruit and/or Vegetable	1/4 cup	1/2 cup	3/4 cup	Peas	Apple Sauce	Mashed Potatoes	Corn	Pineapple
(2 different items for a total serving.				Pineapple	Corn	Green Beans	Tropical Fruit	Carrots & Celery Sticks
Serving must be at least 1/8 cup.)								
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Noodles	Corn Bread	Rolls	Tortilla Shells	Bread
Other New One Philade				Bread			(Flour or Whole Corn)	Manager C. Manager
Other Non-Credible Items						Gravy		Mayonnaise & Mustard
P.M. Snack								
(Serve 2 of the 4 components listed.)	4/0	4/0			B 4*11			
1. Milk	1/2 cup	1/2 cup	1 cup	A	Milk		Milk	F 10 11 1
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apricots		Apple Juice		Fruit Cocktail
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.					
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Crackers	Carrot Cake	Wheat Crackers	Peanut Butter & Jelly Sandwiches	Snack Crackers
or Cereal Cold, Dry	1/4 cup	1/3 cup	3/4 cup				Sanuwiches	
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items								

MEAL Breakfast (Serve all 3 of the components listed.) 1. Milk	1-2	3-5	6-12	Monday (6)				
(Serve all 3 of the components listed.)			6-12		Tuesday (7)	Wednesday (8)	Thursday (9)	Friday (10)
1. Milk								
	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Pears	Orange Slices	Apple Sauce	Bananas
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	English Muffins	Toast	French Toast	Biscuits	Cold Cereal
	1/4 cup	1/3 cup	3/4 cup	3				
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items					Butter & Jelly	Syrup		
A.M. Snack								
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup	Milk				Milk
2. Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup		Apple Sauce	Fruit Juice	Vegetable Sticks	
	1/2 oz.	1/2 oz.	1 oz.				yy	
	1/2 slice	1/2 slice	1 slice	Donuts	Bran Muffins	Cinnamon Toast	Saltine Crackers	Oatmeal Cookies
	1/2 slice 1/4 cup	1/2 slice	3/4 cup	Donuts	Dian Munins	Cililianion Toast	Saltine Grackers	Odinical Cookies
	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items						Butter		
Lunch								
(Serve all 4 of the components listed.)								
Λ	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.	Corn Dogs (CN Labeled)	Macaroni & Cheese with Ham	Spaghetti with Meat Sauce	Fish Sticks (CN Labeled)	Ham Slices
or Cheese	1 oz.	1 1/2 oz. 1 1/2 oz.	2 oz. 2 oz.	Cheese Sticks	Macaioni & Cheese with Ham	& Cheese	1 ISH Sticks (CIV Labeled)	Cheese Slices
or Cottage Cheese	2 oz.	3 oz.	4 oz.	Chicago Chono		G 5115555		3113333 311333
or Eggs (Large)	1/2	3/4	1					
or Cooked Beans	1/4 cup	3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3 Tbl.	4 Tbl.					
3/	1/2 oz.	3/4 oz.	1 oz.					
	1/2 cup	3/4 cup	1 cup					
•	1/4 cup	1/2 cup	3/4 cup	Cooked Carrots	Fruit Cocktail	Green Salad	Mashed Potatoes	Carrots & Celery Sticks
(2 different items for a total serving.				Pineapple	Green Beans	Corn	Cooked Broccoli	Apple Slices
Serving must be at least 1/8 cup.)								
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice		Macaroni & Bread	Bread & Noodles	Rolls	Snack Crackers
Other Non-Credible Items						Ranch Dressing		Ranch Dressing
P.M. Snack								
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
	1/2 cup	1/2 cup	3/4 cup		Pineapple	Apple Slices		Apple Sauce
	1/2 oz.	1/2 oz.	1 oz.					11
	1/2 slice	1/2 slice	1 slice	Raisin Bread	Graham Crackers	Vanilla Wafers	Cookies	Crackers
	1/2 slice 1/4 cup	1/2 slice	3/4 cup	Naisiii bicau	Granam Grackers	variila vvalors	OOONICS	Ordonors
	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items		i.i.i.i.i.i.i.				Pudding		

MEAL	AGE 1-2	AGE 3-5	AGE 6-12	Monday (11)	Tuesday (12)	Wednesday (13)	Thursday (14)	Friday (15)
Breakfast			V					
(Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Chocolate Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Orange Slices	Grape Fruit Slices	Apricots	Fruit Cocktail	Banana's
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Toast	Orapo i rak olioco	Whole Wheat Toast	Bagels	Building
or Cereal Cold, dry	1/2 slice 1/4 cup	1/2 slice 1/3 cup	3/4 cup	TOASL		Whole Wheat Toast	Dayeis	Cold Cereal
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup		Oatmeal			Cold Gereal
Other Non-Credible Items	1/4 оар	1/ 1 p	1/2 Oup	Butter & Jam	Brown Sugar	Butter	Cream Cheese	
A.M. Snack				Dattor & Carr	Brown ougur	Date:	Groun Gridood	
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup			Milk		Milk
Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Bananas	Tomato Juice		Pineapple Juice	· · · · · · · · · · · · · · · · · · ·
				Dallallas			гинсарріс зинс	
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.		Cheese Sticks			
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Saltine Crackers		Cold Cereal	Muffins	Animal Crackers
or Cereal Cold, Dry	1/4 cup	1/3 cup	3/4 cup					
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items								
Lunch								
(Serve all 4 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.	Meat Loaf	Baked Chicken	Peanut Butter & Jelly Sandwich	Sloppy Joe's	Ham & Cheese Sandwiches
or Cheese	1 oz.	1 1/2 oz.	2 oz.			Cheese Sticks		
or Cottage Cheese	2 oz.	3 oz.	4 oz.					
or Eggs (Large)	1/2	3/4	1					
or Cooked Beans	1/4 cup	3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3 Tbl.	4 Tbl.					
or Nuts (½ Serving)	1/2 oz.	3/4 oz.	1 oz.					
or Yogurt (Commercial Only)	1/2 cup	3/4 cup	1 cup					
3. Fruit and/or Vegetable	1/4 cup	1/2 cup	3/4 cup	Green Beans	Mashed Potatoes	Vegetable Soup	Carrots & Celery Sticks	Broccoli & Cauliflower
(2 different items for a total serving.				Pineapple	Peas	Apple Slices	Pears	Fruit Cocktail
Serving must be at least 1/8 cup.)								
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rice	Rolls	Bread	Hamburger Buns	Bread
Other Non-Credible Items					Gravy			Ranch Dressing
P.M. Snack					,			
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup				Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup	Apple Juice	Apple Sauce			Banana'sl
Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.	11 27 27		Cheese Sticks		
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Cereal Trail Mix	Snack Crackers	Snack Crackers	Graham Crackers	Vanilla Wafers
or Cereal Cold, Dry	1/2 slice 1/4 cup	1/2 slice 1/3 cup	3/4 cup	OCIOGI ITAII WIIX	Oridon Ordonors	Gridon Gracinors	Granam Gradicis	variila vvarors
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items		:						Pudding

	AGE	AGE	AGE	((2)				(2)
MEAL	1-2	3-5	6-12	Monday (16)	Tuesday (17)	Wednesday (18)	Thursday (19)	Friday (20)
Breakfast								
(Serve all 3 of the components listed.)								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Fruit or Vegetable or 100% Juice	1/4 cup	1/2 cup	1/2 cup	Fruit Cocktail	Apple Sauce	Baked Apples	Peaches	Apple Slices
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	English Muffins	Bagels	Waffles	Toast	Cold Cereal
or Cereal Cold, dry	1/4 cup	1/3 cup	3/4 cup	English Mahilis	Bagelo	vvaile5	10001	Cold Colour
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items					Cream Cheese	Syrup	Butter & Jam	
A.M. Snack						3,		
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 Cup	1/2 cup	1 cup		Chocolate Milk			Milk
Fruit or Vegetable or 100% Juice	1/2 Cup	1/2 cup	3/4 cup	Apple Sauce			100% Fruit Juice	
Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.	Apple Gauce		Cheese Sticks	1007011411 04100	
				N/I1-0	0		N/'II NA/	O'
Grain/Bread or Alternate or Cereal Cold, Dry	1/2 slice	1/2 slice	1 slice 3/4 cup	Wheat Crackers	Graham Crackers	Snack Crackers	Vanilla Wafers	Cinnamon Biscuits
or Cereal Hot or Pasta	1/4 cup 1/4 cup	1/3 cup 1/4 cup	3/4 cup 1/2 cup					
	1/4 Cup	1/4 Cup	1/2 Cup					
Other Non-Credible Items								
Lunch (Serve all 4 of the components listed.)								
Λ								
1. Milk	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
2. Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.	Turkey Slices	Beef & Cheese Soft Tacos	Chicken & Rice Casserole with	Hot Dog Boats	Tuna & Cheese Sandwiches
or Cheese	1 oz.	1 1/2 oz.	2 oz.			Cheese		
or Cottage Cheese	2 oz. 1/2	3 oz. 3/4	4 oz. 1					
or Eggs (Large) or Cooked Beans	1/2 1/4 cup	3/4 3/8 cup	1/2 cup					
or Peanut Butter	2 Tbl.	3/6 cup 3 Tbl.	4 Tbl.					
or Nuts (½ Serving)	1/2 oz.	3/4 oz.	1 oz.					
or Yogurt (Commercial Only)	1/2 cup	3/4 cup	1 cup					
Fruit and/or Vegetable	1/4 cup	1/2 cup	3/4 cup	Corn	Lettuce	Green Salad	Mashed Potatoes	Peaches
(2 different items for a total serving.	174 Cup	1/2 Cup	3/4 Cup	Mashed Potatoes	Fruit Cocktail	Tropical Fruit	Cooked Mixed Vegetables	Carrots & Celery Sticks
Serving must be at least 1/8 cup.)				Washed Foldlood	Green Beans	Tropical Fruit	Cooked Winder Vegetables	Carrotts a colory clicks
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Rolls	Tortilla Shells	Rice	Bread	Bread
					(Flour or Whole Corn)	Bread		
Other Non-Credible Items				Gravy		Ranch Dressing		Mayonnaise
P.M. Snack								
(Serve 2 of the 4 components listed.)								
1. Milk	1/2 cup	1/2 cup	1 cup	Milk			Milk	
Fruit or Vegetable or 100% Juice	1/2 cup	1/2 cup	3/4 cup		Cauliflower & Broccoli			Tropical Fruit
3. Meat or Alternate	1/2 oz.	1/2 oz.	1 oz.			Turkey & Cheese Slices		
Grain/Bread or Alternate	1/2 slice	1/2 slice	1 slice	Peanut Butter Cookies	Saltine Crackers	Snack Crackers	Blue Berry Muffins	Snack Crackers
or Cereal Cold, Dry	1/4 cup	1/2 slice 1/3 cup	3/4 cup	Todalat Battor Goodles	Galaric Grackers	Ollack Orackers	Dide Delity Maillins	Orlack Orlackers
or Cereal Hot or Pasta	1/4 cup	1/4 cup	1/2 cup					
Other Non-Credible Items					Ranch Dressing			
Other Mon-Credible Items					Ranch Dressing			